

Week 7 (17/5/23)

	Monday/Wednesday/ Saturday	Tuesday/Thursday	Friday/Sunday
7-8 am	One glass of water + One spoon of lemon juice pinch of roasted jeera powder/dalchini powder		
8am	5-6 Almond, one walnut, one anjeer, 5-6 manuka pinch of khaskhas roasted		
Post work out	Protein supplement or		
9-10	30gm mot sprouts- soaked steam sauteed	Two egg white	30gm black chana soaked steam sauteed
1pm	Vegetables salad and one small katori curd		
2-3 PM	One jawar roti 30gm + One katori 30gm vegetable + sabji		
3.30PM	Flax seed one spoon with saunf one spoon + one glass of water		
4.30PM	One fruit 100gm (less sweet)		
5.00PM 6.00PM	Seeds (watermelon, sunflower, pumpkin seeds) Green tea		
7-8 pm	One roti vegetable salad three egg vegetable bhurji	Moong dal 30g vegetable 100-160gm soup	Massor dal 60gm vegetable chilla